

**California Department of Aging**  
**Home-Delivered Nutrition Program Narrative**  
**Older Americans Act Title III C-2**

**Program / Element / Component – 10.20**

**Description**

The Home-Delivered Nutrition Program provides nutritious meals, nutrition education, and nutrition risk screening to individuals 60 years of age or older who are homebound due to illness, disability, or are isolated. Program goals are to reduce social isolation and promote better health through nutrition. Meals meet nutritional standards contained in the Dietary Guidelines for Americans and provide a daily minimum of one-third of the Dietary Reference Intakes.

Most home-delivered meal programs provide their clients with a hot meal five days a week delivered by staff or volunteer drivers. In addition, programs provide nutrition education at least four times per year and nutrition counseling is available in some areas.

**Benefits**

Providing meals to homebound eligible individuals can facilitate the individual's ability to remain independent and in their own home. This prevents premature institutionalization and its associated costs.

**Eligibility**

<i>Income</i>	No requirements
<i>Age</i>	60 or older
<i>Other</i>	Eligible individuals must be 60 years of age or older, homebound by reason of illness, incapacity, disability, or are otherwise isolated. Spouses and caregivers of eligible participants, regardless of age, may also receive meals if it is beneficial to the participant. An individual with a disability who resides at home with an older individual may receive a meal if it is in the best interest of the homebound senior. The Older Americans Act (OAA) emphasizes serving individuals in greatest economic or social need, older individuals living in rural areas, and low-income minority older individuals.

## Access

Information on the Home-Delivered Nutrition Program is available through the statewide toll-free Senior Information Line at **1-800-510-2020** and California Department of Aging website at [www.aging.ca.gov](http://www.aging.ca.gov).

## Current State Fiscal Year Funding Information (2011-12)

<i>Source</i>	OAA federal funds, State General Fund (GF), local funds, in-kind contributions.
<i>Allocation Formula</i>	Intrastate Funding Formula
<i>Match Requirements</i>	5 percent State GF 10 percent local program funds 25 percent local administrative funds
<i>Other Funding Information</i>	Transfer of funds between OAA:  Statewide, 40 percent of funds can be transferred between Title III C-1 (Congregate Nutrition) and Title III C-2 (Home-Delivered Nutrition); 30 percent of funds can be transferred between Title III B (Supportive Services), and Title III C-1 and Title III C-2.  There is no charge for participation in the Program. Voluntary contributions are encouraged.
<i>Funding Cycle</i>	July 1 – June 30